



## MICRONEEDLING POST CARE

Patients should take extra precautions to guard against sun exposure immediately following the procedure, as they may be more sensitive the first 48 hours following the treatment. It is imperative that you use a mild sunscreen with a SPF of at least 30 and avoid any direct sunlight during the course of treatment.

To achieve the best results and to protect your skin, sun block is recommended as part of your everyday skin care routine.

Do not use skin exfoliants or scrubs for 10-14 days after treatment.

No heat exposure (hot tubs, sauna, steam or excessive exercise) for a minimum of 48 hours after treatment.

Please clean anything that may come in contact with your face (phones, glasses) with alcohol pads and change your pillowcase tonight. We want to keep your face or treatment area as clean as possible to lessen breakouts.

You should keep your skin free of any makeup or additional products not applied after the treatment for a minimum of 12 hours.

## GENERAL INFORMATION

Potential side effects may include redness, swelling, bruising and skin sensitivity. This could last 1-3 days. If you feel that you are having a problem, please call our office so that we may assist you.

Edema (swelling) is expected immediately post treatment and generally resolves within 24 hours, but can persist longer. There may be some mild to moderate peeling of the skin noticed after the treatment.

Patients may experience a significant redness in the treatment area for up to 3-7 days after treatment. This redness may persist longer in treatment areas other than the face.

As with any treatments, the response, results, and healing after a microneedling treatment varies with each individual and a specific outcome is not guaranteed.

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
(Printed)

Signature: \_\_\_\_\_